



A Healthy Holiday Season | Physicals for Kids

The Lowdown on Headaches | Doctor-Recommended New Year's Resolutions



Manage Your Health to Enjoy the Holidays

No matter how or where you celebrate it, the holiday season often brings a lot of tension and other negative effects to one's health. Read on for our tips to enjoy the season and start next year on a healthy and positive note.

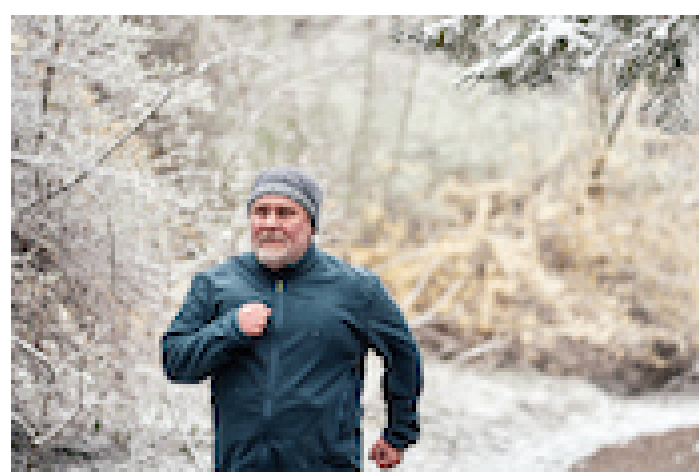
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The Importance of Annual Physicals for Children



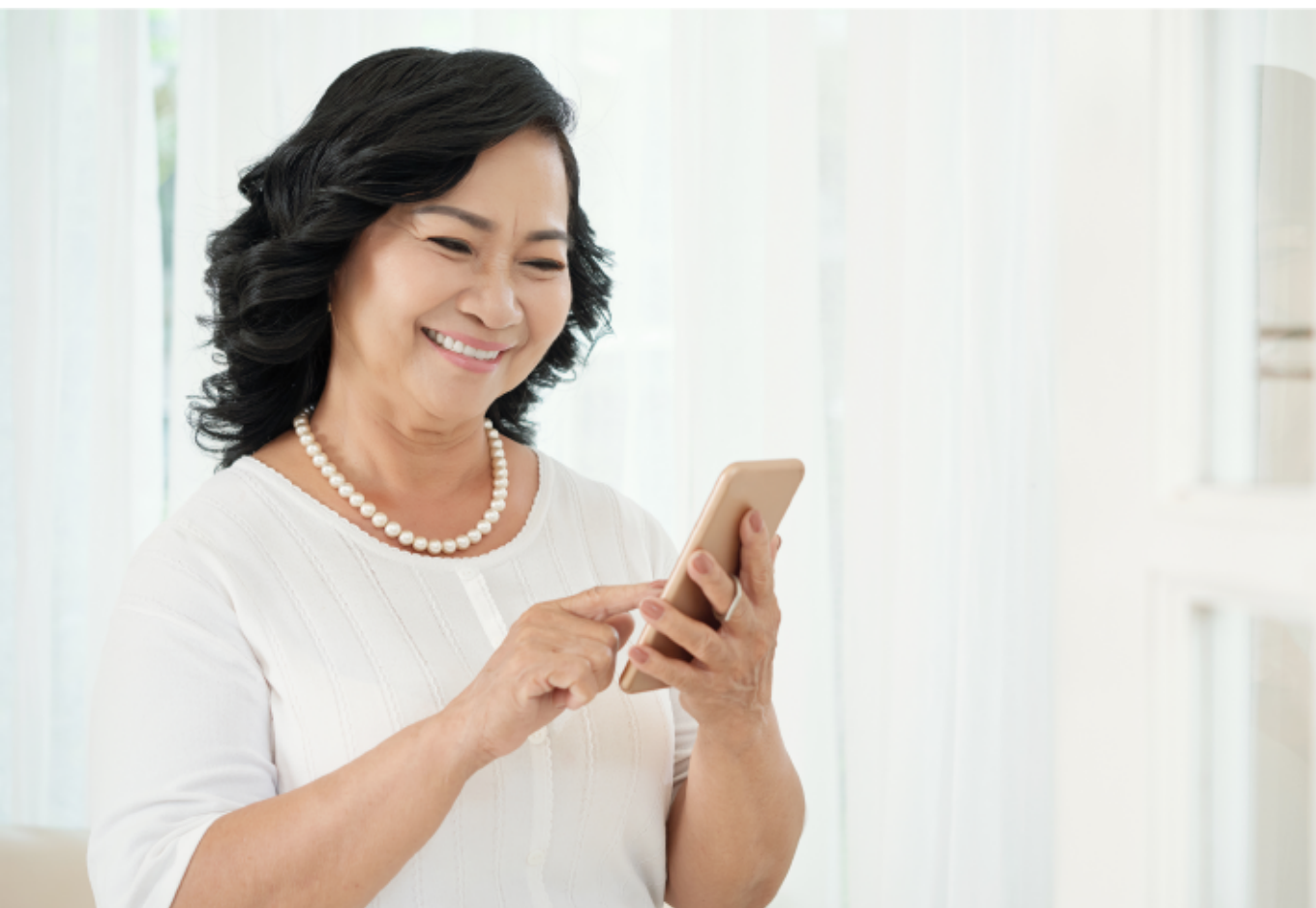
Headaches and How to Treat Them



New Year's Resolutions a Doctor Would Recommend

"I was absolutely satisfied and very happy to have seen nurse practitioner Rimple Mody. She was very knowledgeable, very kind, and very personable. I will definitely be seeing her as my primary. I am also recommending my son and boyfriend to her as well. Great job!"

~Summit Health Internal Medicine patient



Cancer Screenings Save Lives.

Make it your New Year's resolution to schedule a screening today.

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